A City promoting healthy nutrition – a manual for cities promoting Med-SENSE Nutrition

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Promoting Healthy Urban Nutrition


Mediterranean, Safe, Equitable, Nutritious, Sustainable, Enlightened

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Promoting Healthy Urban Nutrition
Med-SENSE Nutrition in cities: A manual

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Promoting Healthy Urban Nutrition
Med-SENSE Nutrition in cities: A manual

The approach and strategies are based on:

- A previous publication issued by the Israeli Healthy Cities Network "A Manual for Active Cities"
- Relevant World Health Organization publications
- "The Milan Urban Food Policy Pact"
- The experience of the manual's steering committee and team members.
Promoting Med-SENSE nutrition in a city

- Definition
  - An authority that adopts a policy of healthy, safe, equitable and sustainable nutrition and acts towards its implementation.
  - The authority commits to acting towards assuring Food Security, encouraging consumption of food in accordance with Mediterranean Nutrition principles, locally produced; arranging for the local preparation and marketing of food and supervising the composition, quality and safety of food served in all its settings.
What's in the Manual?

• Guidelines for creating an urban culture that encourages and enables Med-SENSE nutrition.
• Principles and strategies for implementation
• Examples of successful implementations
• Scientific background and expert recommendations
Inspired by the "Milan-Urban-Food-Policy-Pact" and is based on the WHO model of Healthy Workplaces [18].
A three-stage process

- Getting on board: establishing commitment and jumpstarting the process
- Preparing a plan and setting success measurements and performance indicators.
- Implementation and evaluation.
Getting on board

» Establishing commitment – adopting a comprehensive policy through:
  » The Mayor/ Authority head
  » City Council assembly
  » Institutions and organizations

» Establishing a Steering Committee:
  » Chairperson – Mayor/ Authority head or their representative
  » Representatives from various bodies

» Appointing a leading team

» Building a vision

» Mapping needs and the current situation

» SWOT analysis of policy implementation
Mapping needs and the current situation

Respective of the evaluation format – gathering information on:

- **Food provision policy** and guidelines in municipal institutions,

- **Supportive environments** – community and edible gardens, agriculture areas in the neighborhoods, restaurants providing information concerning the food composition,

- **Programmes** designed to increase public awareness to Med-SENSE Nutrition

- **Eating habits**, residents' behaviors and desires